

Abide in Me

*Mentored by the Master
Discipleship in Real Time*



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The Weaned Soul Psalm 131

Psalm 131 offers a strikingly different vision of life—one of quiet trust, deep contentment, and enduring hope in God. Among the Psalms of Ascent, it was one of the songs sung by pilgrims while journeying to Jerusalem. It is only three verses long, but it carries immense weight. David shares the state of his soul. He states that it is "like a weaned child with its mother." He learned how to say no to status, control, and self-sufficiency. He trained himself to not be burdened with matters beyond his grasp. In a time of uncertainty and chaos this psalm serves as an anchor by reminding us that hope is not found by controlling people or circumstances but resting securely in God's presence.

OBSERVATION (*What does the passage say and how does it say it?*)

Before your group meets, read the passage and perform the following prompts:

- Draw a line linking the Name of God which is mentioned twice. This is the *tetragrammaton* (YHWH) the name God gave to Moses at the burning bush.
- Underline the three actions David refused.
- Circle each part of David's self-awareness which he sought to bring under God's control.
- Place brackets around *But* in verse 2 and double underline the verbs that immediately follow.
- Double circle the phrase *hope in the Lord* in verse 3.

O Lord, my heart is not lifted up;
my eyes are not raised too high;
I do not occupy myself with things
too great and too marvelous for me.
² But I have calmed and quieted my soul,
like a weaned child with its mother;
like a weaned child is my soul within me.
³ O Israel, hope in the Lord
from this time forth and forevermore.

As a group read Psalm 131 slowly, at least a couple of times, from different translations.

INTERPRETATION (*What does the passage mean?*)

1. What are your initial thoughts and feelings after reading Psalm 131? What stands out to you in this psalm?

2. David prays for restraint over his heart (from proud ambition), his eyes (from restless comparison), and his feet (from overreaching into matters too great for him). How do these struggles contribute to an unsettled and anxious soul?

3. What does it mean to “have calmed and quieted my soul”? How does this contrast with a restless or anxious heart?

4. The psalm uses the image of a weaned child. How does an unweaned infant typically behave? What does this imagery reveal about the qualities of a "weaned soul"?

5. The psalm begins as a prayer to God but ends with an appeal to Israel. Why does David shift from personal reflection to communal exhortation?

APPLICATION *(How does the passage apply to our lives?)*

1. In what ways do we allow our hearts to become proud, our eyes restless, and our feet to trespass into matters beyond us? How does this affect your mood, perspective, and overall well-being?

2. What does it look like to practice humility in our daily life?

3. How can you intentionally practice "minding your own business" in a spiritually healthy way? Would a media sabbatical be helpful? If so, what would that look like practically? What other limits might be beneficial for your spiritual, mental, and emotional health?

4. What *great matters* have consumed your thoughts and time? Why do they preoccupy you, and what are you hoping to gain from them?

5. David describes himself as a weaned child with its mother. How can we cultivate quiet contentment in God in the midst of our daily lives?

As your group brings the discussion to a close, pray through this psalm, asking God to help everyone internalize its message.

